

# Astro News

## CMSAF speaks on retention, recruiting

**Staff Sgt. Stuart Camp**  
Aeronautical Systems Center Public Affairs

WRIGHT-PATTERSON AFB, Ohio (AFPN) — Air Force leaders continue to wrestle with enlisted retention rates and how those numbers drive recruiting efforts.

Chief Master Sgt. of the Air Force Jim Finch pointed out these two issues have a larger effect on the enlisted corps, with their ripples increasing promotion rates and putting more people into recruiting offices.

"The real issue is do we have enough people to do what needs to be done for the Air Force," he said March 25, after he spoke to the Wright-Patterson Airman Leadership School class.

"It is a true statement we were under our end strength last year, but we've been under end strength for a number of years," Finch said. "Our retention wasn't as good as we wanted it to be, or projected it to be."

The desired manning, Finch explained, looks for a little more than half the people to stay past their first term, about three-quarters to stay in past their second term, and virtually everybody to stay in after that. According to statistics from January and February, the Air Force reported first- and second-term reenlistment rates at 52 percent and 70 percent, respectively. These are higher than 1999 numbers for the same months, but still below the Air Force's goal of 55 and 75 percent, respectively.

"The bigger issue is how do you keep the people to get the job done," the chief said. "When you don't have enough people, you further stress the existing force to do the mission. We've got to find a way to balance that out."

Air Force officials are taking measures to combat lower-than-historical retention rates, according to Finch.

"We're actually working to increase the number of NCOs we have in the Air Force over the next few years," Finch said. "We're going to shift the percentage of NCOs in the Air Force — raise it to about 56 percent, (up from 48 percent last year). We're going to (increase) the number of mid-level NCOs, and as we do that, promotion rates will increase."

The chief explained that to sustain the enlisted corps for the long-term, given the retention projections and other factors, requires promotion rates be 16 percent to staff sergeant, 11 percent to technical sergeant, 19 percent to master sergeant, 6 percent to senior master sergeant and 13 percent to chief.

"It takes us seven and a half years to grow a staff sergeant — that's excessively long compared to other services," Finch said. "The army promotes to E-5 in about 4.2 years. We have retention rates higher than the other services, so it slows promotion down. That 56 percent will drive down the average pin-on time for promotion to staff sergeant to about six years."

## Let's sing...



Photo by Lou Hernandez

**The Citadel Gospel Choir from Charleston S.C., performs during the base national prayer luncheon held Tuesday at The Club. The 30-person team travels around the country during their spring break with a goal of spreading the message of "love and peace" through their music.**

## Aerospace Academy begins at local high school

**John Ryan**  
Public Affairs

A new era of scientific exploration and academic excellence was launched March 24 when senior representatives from the City of Los Angeles and the Space and Missile Systems Center gathered to inaugurate the Aerospace Academy at the San Pedro High School in San Pedro, Calif.

Lieutenant General Eugene Tattini, SMC commander, led a delegation of Air Force senior officials to the south Los Angeles area school to officiate at the unveiling of the new course that concentrates on the development of aerospace science skills.

The Academy is the fulfillment of a vision by the Los Angeles Unified School District, South Bay Association of Chambers of Commerce, Los Angeles Chapter of the Armed Forces Communications and Electronics Association, National Space Club, Schriever Education Foundation and local aerospace and private industry.

The ceremony started with the presentation of the colors by the San Pedro High School Air Force Junior ROTC. Los Angeles city councilman Rudy Svorinich, a past student body president and graduate of San Pedro High School, addressed the about 100 students in attendance on the educational importance of using oppor-

tunities at the high school.

Mike Lansing, Los Angeles Unified School District board member, acknowledged the need for participation by the private sector with the high school to enhance the education of the students and make the Aerospace Academy not just a concept, but a reality.

Part of making the Aerospace Academy a reality will be the students' use of 30 computers and monitors of the more than 350 donated by Los Angeles AFB to the San Pedro/Narbonne school cluster.

General Tattini challenged the imagination of the students and gave them a brief glimpse into the future. It is conceivable that a wristwatch in the future will act as a telephone, give directions to anywhere you want to go, as well as giving you the time of day, said Tattini.

Steve Walters, principal of San Pedro High School, encouraged the students to talk to industry and Air Force representatives present at the rollout of the Aerospace Academy.

Walters also thanked the Aerospace Academy benefactors for their financial contributions, time and dedication in making the academy a reality.

He recognized retired Col. Ed Peura, master of ceremonies for the event and the force behind getting industry and various organizations together to establish this academy.

# Meeting the recruiting challenge

**Gen. Lloyd “Fig” Newton**  
Commander, Air Education and Training Command

RANDOLPH AIR FORCE BASE, Texas (AFPN) — It’s been in the news media and we’ve been talking about it throughout the Air Force — it’s the challenge of continuing to recruit the number of quality young men and women needed to sustain the readiness and effectiveness of our Air Force. Last year, we fell short of our goals and this year is proving to be tough, too. But, with your help, we can successfully meet this challenge.

Our first priority is to strengthen our cadre of recruiters. We’re working now to add 300 more recruiters where we need them most, in recruiting offices throughout America’s communities. Air Force Secretary Whit Peters also announced a goal of raising the total number of recruiters to 2,000, up from 1,000 just a year ago. This initiative will help us establish a regular presence in communities previously only visited occasionally by an Air Force recruiter.

Individual supervisors can help with this recruiter force increase by encouraging sharp airmen to volunteer for this special duty assignment. The assignment isn’t easy, but it can be rewarding and it’s critical to our Air Force.

We’re providing recruiters with more tools than ever to be successful. Paid television advertising is boosting our national visibility to our nation’s youth. Air Force Recruiting Service has a Web page to help connect with the on-line generation. And, we’ve contracted for a traveling display, a high-tech attraction designed to ignite the interest of young adults. “The Air Force Experience” is an educational, exciting display of flight simulators, computer kiosks, dynamic video presenta-

tions and an F-16 static display aircraft. It’s attracting widespread interest wherever it goes and providing good leads for recruiters.

“The Air Force Experience” is a great idea, but one display can only visit a limited number of locations. We still need everyone in AETC and the Air Force to make a personal commitment in the spirit of the “WE are All Recruiters” campaign. The biggest factor in success can be a person’s initiative and motivation.

How can you do your part? Volunteer to escort when your base hosts student groups or educators and guidance counselors for tours or offer to speak at local high schools for their career days. Be a youth mentor. Speak at community meetings about the opportunities, challenges and rewards of a military career.

You can also contribute by talking about your Air Force and wearing your uniform proudly as you travel. I’ve recently directed that all chief master sergeants and lieutenant colonels and above in AETC wear their uniform when travelling on official orders within the U.S. I encourage others to do so, too. I hear many stories of military people being asked about life and careers in the military by people they meet while traveling.

You can add the personal touch,relating how young men and women can learn valuable skills, gain additional education and see the world,to what the American public might hear through advertising and news media. Often, you will clear up misconceptions based on misinformation.

It’s interesting to note that two top recruiters for last year served in Honolulu and San Antonio, two cities with very high representation of military living and interacting with neighboring civilian communities. What this tells me is that in those communities where we are regularly seen and where our mission and lifestyle are familiar, recruiting is far more successful. And, we must do more to reach out to communities

where there is little interaction with military people.

I believe we will turn the corner on recruiting this year. We’re committing money and people to the task, but it will take everyone in the Air Force to do their part. (*Courtesy of AETC News Service*)

## Astro News deadlines

The Los Angeles AFB paper, the *Astro News*, is published every other week on Friday. The editorial office is located within the Space and Missile Systems Center Public Affairs Office in Building 105, Room 4049, in Area A. The telephone number is (310) 363-6428.

Deadline for article submissions is Thursday, noon, the week before the publication date. Articles should be sent via e-mail to the editor at **SMC.PA.Astronews@losangeles.af.mil** or sent on disk. The mailing address is:

SMC/PAI -- Astro News editor  
2420 Vela Way, Suite 1467  
El Segundo, Calif. 90245-4659

Publication dates	Submission dates
April 21 .....	April 13
May 5 .....	Apr. 27
May 19 .....	May 11
June 2 .....	May 25
June 16 .....	June 8
June 30 .....	June 22
July 14.....	July 6
July 28.....	July 20


### Action Line 363-2255

The Action Line is your direct link to **Col. David E. Price**, 61st Air Base Group commander.

Its purpose is to make Los Angeles AFB a better place to work, live and play. Of course the fastest way to resolve any problem is to ask the person who can actually fix it.

Below is a list of people who can do just that:

Base Exchange .....	David Clore	640-0129
Base IG .....	Dorothy Brown	363-0802
Chaplain .....	Lt. Col. Gary Garvey	363-1956



Civil Engineering .....	Lt. Col. William Saunders	363-0287
Commissary .....	Al Cherry	363-6140
Communications .	Lt. Col. Mark Hall	363-0798
Equal Employment Opportunity Program Office .....	Leonard Gonzales	363-1565
Family Support Center .....	Tom Sanders	363-5365
Fraud, Waste and Abuse Hotline .....		363-2020
Housing .....	James Wirrie	363-8340
Logistics .....	Capt. Tam Elliott	363-0351
Medical .....	Lt. Col. Mark Wisniewski	363-5005
Mission Support .....	Lt. Col. Maureen Hurley	363-1230
Security Forces .....	Maj. Larry Bartlett	363-0032
Services .....	Gary Van Dusen	363-0430
Military Equal Opportunity Office .....	Capt. Lisa Day	363-2806
TRICARE .....		363-0261
24-hour Crime Stop .....		363-2124
Legal Office .....	Col. Scott Bagley	363-0916
Area Defense Counsel .....	Capt. Art Kirkpatrick	363-6776

Try your supervisor, first sergeant or commander. If you are not able to resolve a problem, call the Action Line. Your call will be recorded and if you leave your name and phone number, you will receive an answer.

## Astro News

Space and Missile Systems Center  
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### Editorial policy

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**Submit articles to:**

**SMC.PA.ASTRONEWS@LOSANGELES.AF.MIL**

or

**Call 363-6428 for more information.**



## News Briefs

### Earth Day celebration

Los Angeles AFB is planning several events to coincide with the 30th anniversary of Earth Day April 14 to 19.

The following list highlights the week.

#### April 14

General Eugene Tattini, SMC commander, has declared this day "Military Family Housing Spring Spruce-Up Day."

Block Captains are taking the lead in organizing self-help projects in their areas. In addition, there will be a Bulk Disposal Pickup in the Military Family Housing areas.

The Spring Spruce-Up Day will coincide with the noon grand opening of the Fort MacArthur Self-Help Work Area in Building 64. For more information, contact Michael Hanna at the Civil Engineering environmental office. He may be reached at 363-0874.

#### April 15

SMC Civil Engineering personnel will set up a booth at the Cabrillo Marine Aquarium located down the street from Fort MacArthur at 3720 Stephen White Drive, San Pedro.

A trash cleanup of the beach will be from 8 to 10 a.m. Hands-on games, exhibits, speakers, music and films at the aquarium will follow until 3 p.m.

Various self help classes are scheduled during the day in Building 56 at Fort MacArthur.

#### April 19

Exhibits are planned during lunch time in the Area A Mall from Heal the Bay and the Marine Mammal Rescue Center. The Automobile Club of Southern California will cut spare keys free for autos and Southern California Edison will bring their EV 1 electric car. The Environmental Engineering Department will exhibit various programs and provide information on ridesharing, recycling, air and water quality, household hazardous waste and various promotional items. In honor of Arbor Day, the Environmental Engineering Department will give out 300 tree samplings.

The Club will have a barbecue in the mall area. The menu includes a hot link or hamburger, baked beans, potato salad and a soft drink. Cost is \$5.50 per person.

### SBIRS change of command

Lieutenant General Eugene Tattini, SMC commander, will officiate at the Space Based Infrared System's Program Office change of command from Col. Daniel Burkett II to Col. Michael Booen in the Area A Mall, April 17 at 1:30 p.m.

It will be uniform of the day for attendees and service dress for the participants. There will be a reception in The Club ballroom following the ceremony.

### Air Force major promotions

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The CY00A Major Central Selection Board selected 2,349 captains for promotion to major.

The selection board convened at the Air Force Personnel Center Jan. 24 through Feb. 4. *SMC selectees are listed on page 5.*

## Judging students...

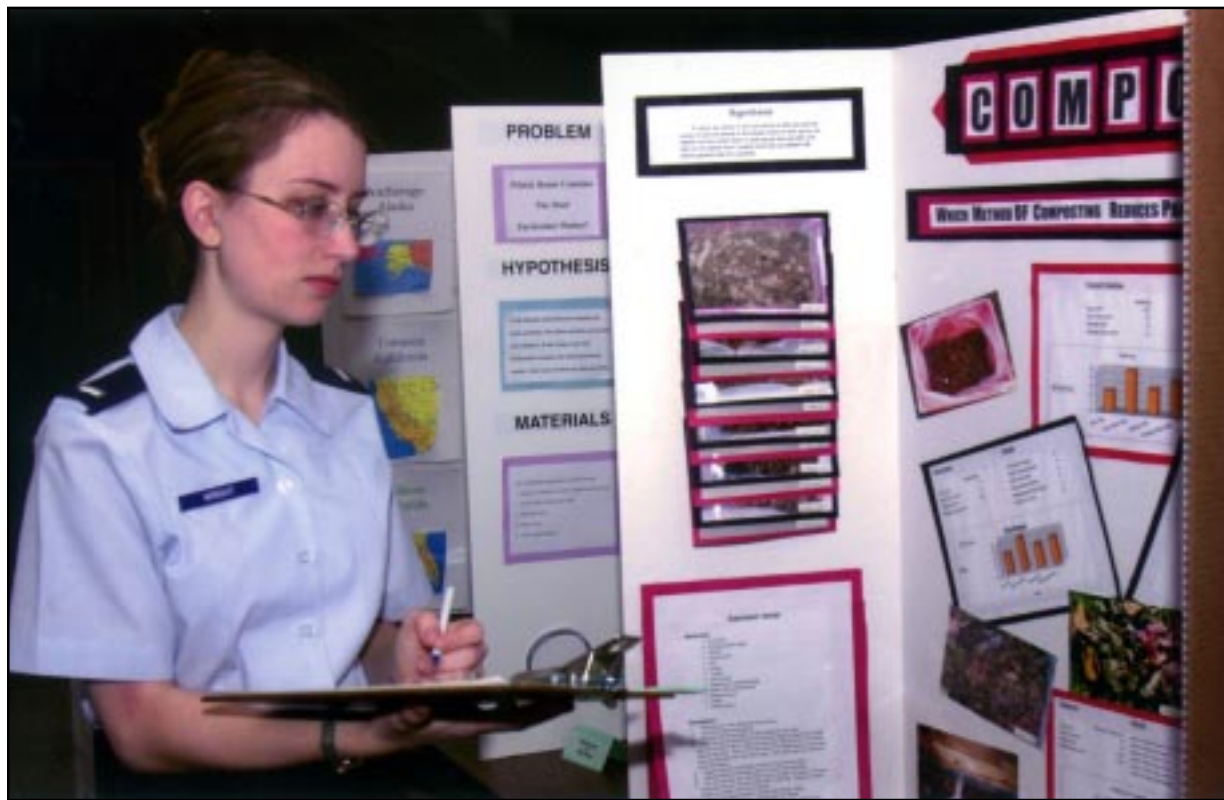


Photo by Staff Sgt. Bill Gomez

**First Lt. Melissa Wright, SMC Developmental Planning Directorate, evaluates a science fair project during a recent science fair competition at Dodson Middle School in Rancho Palos Verdes. Approximately 30 members from Los Angeles AFB volunteered their time to assist in the event.**

## New Air Force symbol available

WASHINGTON (AFPN) — Air Force officials released guidelines March 23 that outline appropriate uses for the new Air Force symbol.

The symbol, which is being tested by Air Force leaders will be used in a variety of ways, including outreach communication and advertising to promote recruiting, retention and general public awareness of the Air Force and its value to the nation.

The guidelines represent the latest step in the testing of a new program to tell the Air Force story to airmen already in service, to young people considering military service, and to people who influence retention and recruiting decisions. Several versions of the design and the guidelines are available to the military and public on the World Wide Web.

"We're excited to be able to make the design available to everyone and, based on the questions we've already received, I think we'll be seeing a lot of it," said Brig. Gen. Ron Rand, Air Force director of public affairs.

The new symbol, which was introduced in January, is an update of the classic Hap Arnold Army Air Corps wings, which were re-introduced in 1994. Looking both like a bird of prey and a medal, the new symbol can now be used on "perishable" items such as stationery, presentation slides, hats, T-shirts and coins, officials said.

The symbol should not be applied at this time to "nonperishable" uses such as aircraft, vehicles, buildings and base entrance gates.

"This symbol is one part of an effort to more effectively tell the Air Force story and present a consis-

tent Air Force image," Rand said. "Eventually, when someone sees this symbol, they should immediately identify it with the Air Force."

"The design has many possibilities for use in a variety of settings," he said. "There's a white-on-black version, a white-on-blue version, a metallic version suitable for pins and a version which incorporates our existing major command emblems."

The symbol is also available in several different formats, including versions that can be downloaded by anyone inside or outside the military. It can also be used with just about any type of software.

"This symbol doesn't replace any we've used in the past," Rand explained. "And, this initiative is much more than a new symbol or advertising slogan. It's part of a comprehensive effort to improve recruiting and retention, both of which are serious prob-

lems that directly affect our readiness and ability to accomplish our mission.

"We recognize that change causes turbulence, and if this symbol is eventually adopted formally, the long-term cultural change we envision will take years," he said.

"Meanwhile, we'll continue to test it ... and we'll pay close attention to the feedback we get. People can send comments and feedback to [afstory@pentagon.af.mil](mailto:afstory@pentagon.af.mil).

"The new symbol is a great combination of our history and our future," Rand said. "It will be the most visible part of our plan to make sure everyone in and out of uniform knows what it means to be an airman."



# Blotter: Drunk drivers, bombs, AWOL top base police responses

The following information is provided by the 61st Security Forces Squadron resource protection section and highlights base police activity from March 20 to 31.

### Medical emergency

■ El Segundo City Fire Department Paramedics and security forces responded to the Area B child development center to assist an ill employee. The paramedics took the employee to Robert F. Kennedy Hospital for treatment and observation.

■ El Segundo City Fire Department Paramedics and security forces responded to the Area B outdoor recreation building to assist with an individual who had fallen and hurt her hip. The victim was taken to a local hospital for further treatment.

■ Los Angeles City Fire Department Paramedics and security forces responded to an Air Force member’s Fort MacArthur residence to assist with the member’s daughter who was experiencing seizures. The daughter was taken to Saint Mary’s Medical Center in Long Beach for treatment and observation.

### Vandalism

An Air Force member reported words scratched on the trunk of his car. The

member stated the incident could have occurred in Area A or Area B. Security forces are investigating the incident.

### Government property damage

A Defense Area Printing Service employee reported damage to a government vehicle, which had been parked in Area A. Security forces discovered the windshield had apparently been broken by rocks. Security forces are investigating the incident.

### Disturbance

A civilian contract employee was detained in Area A for failure to provide a valid form of identification. Once detained, the individual became verbally abusive using profanity and obscene gestures toward the officer. An incident report was accomplished, and the individual was escorted off the base.

### Unexploded ordnance

A retired Air Force member dropped off an explosive device to security forces in Area B. The device, a 1968 ground burst simulator, was found in the personal belongings of a deceased friend. The Los Angeles County Sheriffs Department’s

bomb squad responded and took the device.

### Drunken driving

■ An Army member was apprehended for alleged drunken driving, damage to government property and fleeing the scene of an accident when an Air Force member reported damage to the back fence of his Fort MacArthur residence. Investigation revealed the damage appeared to have been caused by a vehicle which was parked near the residence. Contact was made with the owner of the vehicle who appeared to be intoxicated.

■ A civilian was detained at the 24th Street gate for alleged drunken driving. After failing a field sobriety test, the Los Angeles City Police Department responded. The individual failed LAPD’s field sobriety test and was arrested for drunken driving.

### Assistance rendered

A civilian employee requested assistance with an individual who had escaped from a Veterans Administration mental health facility in Illinois. Security forces transported the individual to the Long Beach

Veterans Administration mental health facility for further treatment.

### AWOL

An Air Force member who was absent without leave from Pope AFB, N.C., turned himself in at the Douglas Street Gate, located in Area B. The individual was apprehended and transported to the El Segundo City Police Department where he was placed in confinement.

### Shoplifting

A retired Army member was detained at the base exchange for allegedly shoplifting one pair of reading glasses valued at \$8.25. Security forces and the El Segundo City Police Department responded. Security forces issued the individual a suspension-of-base-exchange-and-commissary-privileges letter. El Segundo City Police cited the individual for petty theft.



Leading L.A.

Staff Sgt. Silvia Robledo



is the SMC Financial Management, noncommissioned officer-in-charge of customer service special actions, accounting and finance.

She provides customer service-related actions for all active-duty military, civilian, retired and Air Force Reserve members, answering and solving customer problems.

These actions include processing pay transaction documents, computing and auditing permanent change of station advances and settlements, conducting in-processing briefings for all newly assigned military members and performing one-on-one consultation with newly assigned employees.

“My job impacts the mission significantly. Moving to a new location can be stressful to members and their families. In-processing all PCS vouchers in a timely and expeditious manner ensures these newly assigned members can focus on more important things such as their new job assignment and base community quickly and worry-free,” said Robledo.

The California native has a degree in financial management from the Community College of the Air Force and is currently working on a bachelor’s degree in management of human resources through Bellevue University, Bellevue, Neb.

“My goal is to continue to pursue my education and attend officer training school,” said Robledo.

She has been in the Air Force for seven years. Robledo enjoys weight training and holds a red belt in Tae Kwon Do.

Congratulations

Major selectees

The following SMC captains were selected for promotion to major: **Thomas Allison, Paul Bugenske, Patrick Burke, Henry Cabrera, Gary Cegalis, Mary Centner, Douglas Cool, Brian Coultrip, Michael Debreczeni, Craig Divich, Jean Dunkelberger, Jan Ewing, Jayne Faris, Ronald Garrett, Michael Green, Harbin Samuel, Hughes Kevin, Clint Hunt, Marc Jefferson, Suhra Kang, Donald Keller, Kee Lee, David Mcadam, Stephen Miliano, Myles Nakamura, Marc Ohmer, James Oneill, Jennifer Owens, David Painter, James Paterson, Brendan Piehl, Mark Powers, Charles Pryor, Randall Roberts, Cindy Sabo, Glen Savory, Michael Schlacter, James Smith, Mark Sweitzer and Joseph Taylor.**

Officer assignments

**Lieutenant Colonel Susan Mashiko**, EELV program manager, will move to EELV system program deputy director. **Colonel Katherine Roberts**, SBIRS

Low Component Program Division will move to chief, space support division, Headquarters Air Force Space Command, Peterson AFB, Colo.

**Lieutenant Colonel Randall Weidenheimer**, SMC/ADE chief, engagement systems division, will move to SBIRS Low Component Program Division program manager.

Distinguished Graduate

**Captain Mike Vogel**, Operational Contracting military deputy chief, graduated from squadron officers school Feb. 8 as a distinguished graduate and outstanding contributor.

SBIRS quarterly Awards

The Space Based Infrared System’s program office quarterly award winners for the period of January to March are **Capt. Mitchell Katosic**, senior company grade officer; **1st Lt. Sean McKay**, junior company grade officer; **Bruce Stafford**, The Aerospace Corporation and **Karina Rosas**, contractor.



## Labels for education...



Photo by Staff Sgt. Bill Gomez

Roy Speight, Defense Commissary Agency western pacific region director, presents a 5,500 Campbell Soup "Labels for Education" certificate to Col. David Price, 61st Air Base Group Commander. The labels will be redeemed by Point Fermin and White Point schools for various school needs.

# Hazardous waste dropoff available at Fort MacArthur

**John Ryan**  
Public Affairs

A hazardous waste dropoff site will be at the Fort MacArthur Community Center April 15 from 9 a.m. to 3 p.m.

The hazardous waste pickup is designed to alleviate the average of four pounds of household hazardous waste produced by each person in the United States totaling more than 530,000 tons a year.

The average U.S. household generates more than 20 pounds of household hazardous waste per year. As much as 100 pounds can accumulate in the home, often remaining there until the residents move out or do an extensive cleanup.

Household hazardous waste includes:

- Household cleaners: Drain openers, oven cleaners, toilet-bowl cleaners, floor and furniture polishes, ammonia and ammonia-based cleaners, glass cleaners, chlorine bleach, spot removers, dry cleaning, disinfectants, rug and upholstery cleaners, air fresheners and aerosols.

- Automotive products: Waste oil, antifreeze, brake and transmission fluids, gasoline, diesel fuel and car batteries.

- Paint products: Enamel oil-based, latex, or water-based paints, paint solvent and thinners.
- Pesticides and herbicides: Garden insecticides, ant and roach killers, weed killers and flea powders.
- Miscellaneous: Aerosol spray cans, batteries, swimming pool acids and photochemicals.

When turning in household hazardous waste, put cans in a cardboard box. Do not mix the different household chemicals. All containers should be closed and not leaking any material. The household hazardous waste should not exceed five gallons or 50 pounds total and must not be radioactive. Ammunitions and explosives will not be accepted.



Individuals turning in household hazardous waste will be required to complete a form and provide information including name, address, office symbol, phone number and the type of waste that is being turned in.

For information on potentially hazardous products common to each room and detailed information about each product and its toxic constituents, visit [www.epa.gov/region09/waste/solid/house.htm](http://www.epa.gov/region09/waste/solid/house.htm).

For more information regarding the household hazardous waste roundup, call Chris Phillips at 363-3511.

## Survey details harassment, Cohen calls for action plan

**Jim Garamone**  
American Forces Press Service

WASHINGTON (AFPN) — Department of Defense Inspector General data shows the military environment with respect to the homosexual conduct policy is not good.

In response to the survey, Defense Secretary William S. Cohen has appointed a working group of senior defense leaders to come up with an action plan to combat harassment. The board, led by Undersecretary of the Air Force Carol DiBattiste, must report by July 31.

"The Inspector General's report convinces me that additional actions are necessary to address the problem of harassment of service members who are alleged or perceived to be homosexual," Cohen said in a written release.

The report found more than 80 percent of service members surveyed by the DOD Inspector General said they had heard offensive speech, derogatory names, jokes or remarks regarding homosexuals in the last year. A total of 85 percent of service members believed other service members and leaders tolerated such comments.

Some 37 percent of the 71,000 service members surveyed said they had witnessed or experienced an event of harassment toward a service member because of the service member's perceived sexual orientation.

And 5 percent of those surveyed believed the chain of command tolerated such harassment.

The DOD team went to 39 installations and 11 ships and submarines to collect the data. All individuals in randomly chosen units were surveyed. "One unit was a headquarters element," said Frank Rush, deputy undersecretary of defense for planning. "The four-star general came out with everyone else to fill out the survey." The survey was not voluntary.

Rush said there was a direct correlation between the age, experience and number of women in a force, and problems with offensive speech. "The Marine Corps has a bigger problem with offensive speech than the Air Force," he said.

Of the 37 percent of service members who said they witnessed or experienced harassment based on sexual orientation, "most were in the offensive speech category," Rush said. This was just over 88 percent of the 23,603 service members who responded to this question.

Other harassment figures broke down like this: offensive or hostile gestures, 34.7 percent; threats or intimidation, 19.8 percent; graffiti, 15.2 percent; vandalism of a service member's property, 7.6 percent; physical assault, 9 percent; limiting or denying training or career opportunities, 8.9 percent; and disciplinary actions or punishments, 9.5 percent.

The survey reported that co-workers do most of the harassing (61 percent). However, immediate supervisors also were cited (11.1 percent).

Pentagon spokesman Ken Bacon said Cohen is disturbed by the survey's results. This is why he is appointing the working group. Bacon said the group would examine the results of this survey and earlier efforts to broaden training and ensure no service member is harassed for any reason.

"This is a difficult societal issue as well as a difficult issue for the military," Bacon said. "The lesson of this report is that we must do a better job than we have in the past."



# Museum provides history lesson in flying

Photos and story by Master Sgt. T.J. Helton  
Public Affairs

For many of us at the Space and Missile Systems Center, our daily attention is necessarily focused on the outer reaches of space — we are the “space” in Aerospace Force. As important as this space mission has become to the Air Force and our nation, it’s sometimes exciting to look back upon the daring deeds of those pioneers and the machines that dashed them into the air propelling them toward the mighty Air Force we know today. One such place to observe some of that pioneering history is the world-class Museum of Flying at the Santa Monica Airport in Santa Monica, Calif.

This incredible display of aviation history was built on virtually the same spot where Douglas Aircraft was founded in 1922. The 53,000 square foot, two-story museum contains 40 aircraft on static display, 120 wooden and metal production models of concept planes, a collection of model aircraft from World War I to the present and a theatre that shows classic aviation films.

To get to the Museum, head north on Interstate 405 to interstate 10 east, exit on Bundy South, drive two blocks and turn right on Ocean Park Boulevard. Go two blocks to 28th Street and turn left. The address is 2772 Donald Douglas Loop North.

Hours of operations are Wednesdays through Sundays from 10 a.m. to 5 p.m. The cost is \$7 for adults, \$5 for seniors, \$3 for children 3 to 17. For more information, call 392-8822.



A Curtis JN-4D Jenny hangs from museum ceiling.



A visitor looks at the “Footprints on the Moon” exhibit featuring astronaut footprints.



A Waco 10 GXE built in 1927 is one of the more than 40 vintage aircraft on static display in the building.



Equipment displays such as this vintage ejection seat and helmet are plentiful.



## I think I can...



Photo by Staff Sgt. Bill Gomez

**Hank Dreyfuss, The Aerospace Corporation, struggles to lift 285 pounds to place second in the 151 to 185 division of the base bench press competition held March 22 at the fitness center. A total of 12 people competed in the annual competition.**

# Fitness is a lifestyle not a resolution

**Staff Sgt. Alonzo Jones**  
Health and Wellness Center

According to the food and drug administration, approximately eight million Americans yearly enroll in some kind of structured weight-loss program. Last year, we spent \$30 to \$50 billion on weight loss gimmicks, medication and diets.

The problem is that we, as a nation, are 8 pounds heavier than we were in 1974. The American College of Sports Medicine reports that 55 percent of the American population is not just fat, but obese. Anyone can figure out the math on this equation; the only weight we are losing is the change out of our pocket.

The FDA says, "An estimated 50 million Americans will go on diets this year."

Diets are a short-term solution for a long-term problem. Typically, the end result of dieting is we regain the same 10, 20 or 30 pounds we work so hard to lose the previous year. The best way to get off this roller coaster is to get back to basics. Below are some simple steps toward a healthy weight.

The National Weight Control Registry at the University of Pittsburgh's School of Medicine reports people who exercise regularly not only keep weight off, they lose more weight over time.

The key to losing fat is sweat, and not the kind in a sauna, since fat boils at 360 degrees—all you're losing is water. "Can anyone say dehydration?" Sweat is healthy when it's caused by exercise.

There are two types of exercise that are essential to weight management: resistance and aerobic training. Resistance training is any weight bearing exercise. Building lean body mass increases your basal metabolic rate, therefore, you burn fat while resting.

Here is a basic weight lifting exercise prescription:

- Day 1. Squats, leg curls, standing calf raise.
- Day 2. Bench press, triceps press down, lat pull down to front.
- Day 3. Biceps curl dumbbell military press. Typically you should lift eight to 12 reps of three sets—two to three times a week.

Also, don't forget about the sit-ups and push-ups. They are also good at packing on muscle. Note: Females have predominantly type one muscle fiber, which inhibits that large "Arnold Schwarzenegger" muscular growth. Weight lifting is a must for females because it lessens the chance of osteoporosis by building bone density.

Aerobic is any type of rhythmic activity using the large muscle groups for more than 30 minutes, i.e. running, jogging, swimming, biking, stair-stepping, etc. We should undertake an aerobic activity four to five days a week at the proper target heart rate, i.e.,  $220 - \text{age} \times .60$  to  $.80$  depending on your conditioning level. Aerobic capacity is determined by how efficiently the heart pumps oxygenated blood through the body. Oxygen is necessary to burn fat ... the stronger the heart, the better the burn.

Walking is also a great aerobic exercise you can do anywhere and at anytime. Dr. Adrienne Hardman of the University of Loughborough says, "Regular walking can increase the levels of 'good' cholesterol in the blood, reducing chances of a heart attack." Note: It's better to engage in aerobic activity after you lift. During aerobics, oxygen removes lactic acid caused by weight lifting, which prevents delayed onset muscle soreness.

When exercising, injuries are always possible. In case of injury, stop the activity, apply ice, wrap the injured area firmly but not tightly, and elevate. This safety measure is best remembered as R.I.C.E., Rest, Ice, Compression and Elevation. See a doctor immediately if pain is severe, if injured part can't be moved, or if injury is not healing after a few days.

## Sports Shorts

### Men's volleyball

Volleyball players are needed to represent Los Angeles AFB in the AFMC All Star Tournament at Hill AFB, Utah, April 19 to 25. For more information, call 363-6816.

### Men's and women's softball

Teams are now forming for the AFMC All Star Softball Tournament. The men will go to Eglin AFB, Fla., July 5 to 12, and the women will go to Robins AFB, Ga., July 26 to Aug. 1. For more information, call 363-6816.

Tryouts for the men's team are Tuesdays and Thursdays at 4:30 p.m. at Building 80. For more information, call Staff Sgt. Scott Ytzen at 363-0213.

### Armed Forces marathon

Air Force Form 303s for the Air Force Marathon are due April 22. The Armed Forces Championship is in Washington DC Oct. 19 to 23. For more information, call 363-6814 or 363-6815.

### Intramural rugby

Anyone interested in joining the Los Angeles AFB Rugby team, practice is once a week. No experience necessary, no specific height or weight, anyone can play. For more information, call Master Sgt. Drew Gray at 363-1881.

### AF Form 303 due dates

**Golf:** June 20. Trial Camp is at the Air Force Academy Aug. 4 to 10.

**Men's softball:** June 17. Trial Camp is at Eglin AFB, Fla., Aug. 2 to 20.

**Women's softball:** June 17. Trial Camp is at Eglin AFB, Fla., Aug. 2 to 20.

**Women's soccer:** July 7. Trial Camp is at Travis AFB, Calif., Aug. 21 to Sept. 8.

**Men's soccer:** Aug. 11. Trial Camp is at Wright-Patterson AFB, Ohio, Sept. 25 to Oct. 13.

**Rugby:** Aug. 24. No trial camp. Armed Forces Championship is at NAS Pensacola, Fla., Oct. 8 to 15.

### Trainers available

The fitness Center offers "free" one-on-one individualized fitness programming. Certified personal trainers provide fitness assessments, personal fitness planning, fitness goal setting, programs to lower cholesterol, strength training, cardiovascular training, proper use of equipment and proper lifting techniques. For appointments or information, call 363-6815.

### April events

The following events are scheduled for April: One-pitch softball tournament, hot shot basketball contest and tennis tournament. Start now and form your team.

### Cybex equipment

Come check out the new Cybex equipment at the fitness center.



# Parent skills seminar begins

**John Ryan**  
Public Affairs

A parenting skills seminar will be April 19 from 10 a.m. to 1 p.m. in Building 37.

The family advocacy, family support center, chaplain and Services offices here have combined resources to promote this half-day workshop covering a variety of topics to help parents.

“With April being the month of the military child as well as being recognized as child abuse prevention month, we thought that workshops addressing areas that may be of interest to our parent population would be a good way to reach out to the Los Angeles Air Force Base community,” said Elisa Parr, Family Advocacy treatment manager.

Individuals will have the choice to hear one of two guest speakers after they arrive and register at 10 a.m. Isidoro Baly,

the Assistant Deputy District Attorney for Los Angeles County, will discuss the district attorney’s child support and family support programs. During the same time, Trina O’Quinn, a licensed marriage and family therapist, will discuss how to create healthy relationships and communications within families.

After lunch, which will be provided to all participants, there will be two 30-minute breakout sessions consisting of five topics including parenting tips, childhood injury and prevention, healthy eating for children, parents under the influence and 101 ways to be a long distance super parent.

“All military and civilians are invited to attend the first annual parent university,” said Parr. “We hope this program is beneficial to our community and that it will become an annual event.”

For more information, call Elisa Parr at 363-1251 or Kathy Baker at 363-1796.

# Services offers new way to save

**Carlen Capenos**  
Services Division

Services’ preferred plus program offers 10 percent savings on certain purchases beginning May 1.

The program offers a monthly newsletter of upcoming events and specials, club membership, special programs for preferred plus members only and advance notice of sales and specials.

Savings include 10 percent discount on goods and services at most Services facilities including:

The Club: breakfast, lunch, weekly and monthly reduced price specials.

Outdoor Recreation: recreational vehicle lot, auto mart, family camp, equipment rental, pro shop, trips, bicycle tune shop, golf simulator rental, golf lessons, swim lessons, scuba lessons, pool passes.

Auto Skills: air-conditioning services, welding, battery charge, brake tuning, hoist stalls, oil and lube change, engine tune-up, stall fee, steam cleaning, wheel balance, tire repair, resale shop.

Enrollment is automatic for current club members. Others may visit The Club to pick up an application to become a preferred-plus member. For more information, call The Club at 363-2231.

**Call 363-6428 with your story ideas.**

New gate hours

The El Segundo gate by the commissary will be open daily from 6 a.m. to 6 p.m. The Aviation Street gate will be the primary gate to enter Area “B” while the Douglas Street gate is closed for construction. For more information, call 363-2353.

Frame-of-choice program

The FOC program gives new and different eyewear choices free to all active-duty Air Force, Army, Navy and Coast Guard personnel. Due to high demand, personnel will be authorized fitting for the new glasses according to this schedule:

April	E-5 through E-6
May	E-7 through E-9
June	O-1 through O-2
July	O-3 through O-4
August	O-5 through O-6
Sept.	O-6 and above

For more information, call Senior Airman Terri Honeycutt at 363-2485.

Fort MacArthur Clinic hours

Primary care

- Mondays - 7 a.m. to 4 p.m.
- Tuesday - Fridays 9 a.m. to 6 p.m.
- Saturdays - Acute care with primary care provider 8 a.m. to noon

Sick Call

- Mondays - Walk-in 7 to 7:30 a.m., 1 to 1:30 p.m.
- Tuesdays - Fridays by appointment only, call 363-8307

Pediatric

- Mondays - Fridays 7 a.m to 4 p.m.

Important telephone numbers

- Front desk: 363-8330
- Appointment desk: 363-8291 and 363-8292
- Pharmacy: 363-8301
- Laboratory: 363-8302

Manage your move

A Managing-Your-Move workshop will be Thursday from 8:30 to 11 a.m. in Building 219, Room 1507. Hear information from Family Support, Housing, the Clinic, Traffic Management, Legal and Military/Travel Pay. Participants will learn to relieve the stresses of relocation. To register, call 363-1121.

Tree planting

In honor of Arbor Day, Los Angeles AFB will have a historic tree-planting ceremony April 18 at 11 a.m. on the west side of Building 241.

Chaplain programs

Lenten Observances will be held in the Daedalian Room Wednesday at 11:30 a.m.

Soup n’ Bread Suppers will be held at Fort MacArthur, Building 37 at 6 p.m., followed by Stations of the Cross at the Fort MacArthur Chapel at 7 p.m., Wednesday at 11:30 a.m.

A Seder/Passover meal will be held at the Cabrillo Marina, April 9 at 7 p.m.

For more information, visit the Chaplain Service Division in Building 219, Room 1901 or call 363-1956.

Base garage sale

A base garage sale will be Saturday from 9 a.m. to 4 p.m. in all the base housing areas. All residents are allowed to sale items during these hours only. The general public will have access to the housing areas during this time.

Acquisition and Logistics Reform

This year’s Acquisition and Logistics Reform Week will be May 22 to 26. SMC’s theme is “Partnering for Mission Assurance at Reduced Total Ownership Cost.” The focus of this year’s training is on implementation of reform into existing programs. Accordingly, May 26 is being reserved for IPTs and SPOs to meet with their contractors and customers to discuss selection and implementation of the ideas seen through the week that may benefit their programs. VIP Day will be May 25 with a speech by Darleen Druyun, the Air Force’s Principal Deputy Assistant Secretary for Acquisition and Management; a government and industry Executive Panel in The Club and the Risk Management Case Studies Seminar.

AFA 2000 salute banquet

The Air Force Association Gen. Bernard Schriever Los Angeles Chapter 147 will host the AFA 2000 Salute Banquet Friday, July 28. SMC Public Affairs will solicit award nominations honoring SMC personnel at the end of April.



### The Club 363-2230

The secretary’s day luncheon will be April 26 in the ballroom. The price is \$5.95. The menu includes stuffed boneless chicken breast, rice pilaf, honeybaked baby carrots, green salad, butter and rolls, white wine and cheese cake. There is a special gift for those who make a reservation, which can be made by calling 363-2230.

Swing dance lessons will be provided Friday in the Atrium room at 4:30 p.m. Alli-Kat Kalli and Jeter-Bug will demonstrate and give free lessons.

The bar is open Fridays at 4 p.m. Free snacks are available to club members. The disc jockey starts at 5 p.m.

### Barber Shop 363-1733

The shop’s hours are Mondays through Fridays from 7:30 a.m. to 2:30 p.m. in Building 120.

### Youth Services 363-8383

A camping trip to San Onofre Beach, Camp Pendleton, will be from April 19 to 22. Cost for this four-day adventure is \$40 for members and \$50 for nonmembers. Participants will need a sleeping bag, military identification card, shower items, bathing suits, towels, raincoats and extra money if you want to purchase anything at the exchange or go bowling. Registration, permission slips and payment is required by Friday.

The next Give Parents a Break will be April 15 from 1 to 6 p.m. Check with the first sergeant, commander or chaplain for program criteria. Register before Tuesday.

A field day will be Wednesday from 3:30 to 5:30 p.m. at the Fort MacArthur Parade Ground. There will be an obstacle course, tug-of-war and running and throwing events.

Spring Camp at Kidz Korner Youth Center will be April 17 to 21. Activities include crafts, sports, special speakers and a field trip to see “Fantasia” at the Imax Theater. For more information, call 363-8402 or 363-8383.

Kid’s Connection group needs help stuffing Easter eggs April 20 beginning at 1:30 p.m. at the youth center.

A “free” Easter egg hunt will be April 22 at 10:30 a.m. at the Fort MacArthur Parade Grounds for family members of active-duty military and DoD employees. This activity is for toddlers through children 10 years of age.

Opening ceremonies for t-ball, coach pitch and softball will be Monday at 7 p.m. at the community center. For more information, call Ronnie Wade at 363-8381.

The Ronald McDonald Fun Run is slated for May 21. All ages can participate. All proceeds support Camp Ronald McDonald. Entry fees are \$15 per runner prior to April 28, \$20 after April 29. Sign up by April 24.

Youth activities is looking for instructors to teach ballet, tap, gymnastics and piano. For more information, call Rebecca Burns at 363-8381.

Youth activities are open to DoD civilian employees’

family members. For more information, call 363-8564. Los Angeles AFB Performing Arts Troupe--Want to develop your artistic side? Whether you are or want to be an actor, dancer, singer, artist, seamstress, director, choreographer, carpenter, lighting technician or stage mom/dad, sign up now.

Youth Activities needs instructors to share their talents in ballet, tap, gymnastics, art, music, cooking or any area of interest. For more information, call Rebecca Burns at 363-8381.

### Family Child Care 833-8334

The Family Child Care Program is looking for individuals who enjoy working with children, want to work out of their home and earn money. If this sounds like something you would be interested in, please call our office at 363-8335. You will receive all the training required.

### Vet Clinic 363-8269

The vet will be in today and April 21. Call 363-8269 for an appointment. Messages may be left on the answering machine when the clinic is closed. Please state name, phone number, animal’s name and species, as well as what kind of appointment is needed. The clinic will call you back with an appointment.

The Vet Clinic accepts VISA and MasterCard.

## Child Development Center 363-8335

**El Segundo**  
An ice cream social will be today at 2 p.m. Parents are invited to join the children for ice cream. A variety of toppings and ice cream will be available to create their own sundaes.

A multicultural parade will be Friday in the people’s center in Building 219 at 10 a.m. Children are encouraged to wear their cultural attire while they parade.

Family Fun Day Picnic will be April 21 from 10:30 a.m. to noon. Lunch will be served at 11 a.m. and is provided by the center. Parents are asked to bring in store-bought cookies for dessert. Volunteers are needed to help with the different play areas. Sign up by Friday.

Open House will be April 27 at 3 p.m.

**Fort MacArthur CDC**  
Family Fun Day will be Friday at 10 a.m. Parents are invited to join in celebrating the Month of the Military Child. Activities include games, crafts and a nature walk. An old-fashioned barbecue will follow. Volunteers will be needed for activities and cooking duty. Please sign up in your child’s class.

Rooms 2 and 4 will celebrate National Garden Month by planting gardens the week of April 17. Parent volunteers are welcome to join.  
A “free” San Pedro Maritime Museum field trip for Rooms 2 and 4 will be April 26 from 9 a.m. to 1 p.m. A

sack lunch will be provided. Sign up in your child’s classroom.

The El Segundo CDC needs used compact discs to make sun catchers in the spring.

## Community Center 363-8225

A trip to watch the Los Angeles Lakers vs. the Sacramento Kings at the Staples Center will be Friday. The buses depart the community center at 6:15 p.m. and return after the game. The cost is \$27 per person and includes ticket and transportation. This trip is open to all military identification card holders and their guests. Sign up and payment deadline is Thursday.

The next “Mommy and Me” will be April 20 from 10 a.m. to noon. This session is free. Dads are welcome.

Family karaoke night will be April 21 from 7 to 9 p.m. The evening is free.

A Getty Center tour will be April 22. The trip departs at 11:30 a.m. from the community center and returns at 5:30 p.m. The cost is \$5 and sign up deadline is April 20.

The annual Easter brunch will be April 23 from 10 a.m. to 2 p.m. The cost is \$15.50 per adult, \$7.50 for children five to 12 years old and free for children under five. The menu consists of crepe bar, omelet bar, scrambled eggs, sausage and bacon, country-fried potatoes, assorted mini-muffins and scones, freshly baked breads, baked ham, roast turkey, garlic mashed potatoes, vegetable melange, pasta salad, Caesar salad,

fruit salad, brownies, assorted cookies, champagne, assorted juices, coffee, and tea. For reservations, call 363-8225.

The community center hosts Family Feud April 28 from 7 to 9 p.m. Come join or watch.

## Outdoor Recreation

Equipment rental special: Picnic packs	
Large \$30	Small \$22.50
large canopy	small canopy
four chairs	two chairs
150-qt. cooler	100-qt. cooler
frisbee	frisbee
volleyball Set	volleyball Set

Los Angeles AFB has four recreational vehicle storage facilities located next to Building 219 and 215 in Area B, three next to the FamCamp in Lawndale and one at Fort MacArthur. Storage fees are \$30 a month for RVs over 23 feet and \$20 a month for RVs under 23 feet long.

Los Angeles AFB operates a family campground consisting of 15 hardstand units with hookups for water and electricity located on Aviation Boulevard between Marine and Rosecrans. It is open year-round and advanced reservations are accepted. The fee is \$8 per day. For more information, call 363-2081.

## Auto Skills Center 363-1705

The April monthly special is shock replacement for \$40, plus parts.